



# Endura

## Hydrate & Replenish

Staying properly hydrated is essential to the athlete, whose exercise endurance and performance can depend on both fluid balance and key electrolytes. Hydrate with Endura, a naturally flavoured hydration powder containing a well-designed electrolyte profile to help support hydration and replenish electrolytes lost during exercise. Endura is formulated without artificial sweeteners or colours because we know what you put into your body—and what you don't—matters to you

### Why Endura?

- Formulated to help support fluid balance
- When used as directed, delivers key electrolytes such as sodium and potassium to help replace those lost through sweating during exercise, activity, or hot weather conditions
- Helps support hydration during exercise. Maintaining sufficient hydration aids exercise performance and endurance
- When used as directed, supplies 100 mg potassium and 150 mg of Sustamine® per serving to help support exercise performance

**Form:** 30 Sachets  
**Serving Size:** 1 Sachet

Ingredient:	Amount Per Serving
Calories	10
Total Carbohydrate	2 g
Vitamin C (as ascorbic acid)	120 mg
Vitamin E (as d-alpha tocopheryl acetate)	30IU
Thiamin (as thiamin mononitrate)	2mg
Riboflavin	5mg
Niacin (as niacinamide)	10 mg
Vitamin B6 (as pyridoxine HCl)	5 mg
Pantothenic Acid (as calcium D-pantothenate)	28 mg
Calcium (as calcium citrate)	50 mg
Phosphorous (as dipotassium phosphate)	20 mg
Magnesium (as magnesium bis-glycinate)	150 mg
Chromium (as chromium picolinate)	83 mcg
Chloride (as sodium chloride)	270 mg
Sodium (as sodium chloride)	180 mg
Potassium (as dipotassium phosphate)	100 mg
Malic Acid	500 mg
Taurine	500 mg
L-Alanyl-L-Glutamine†	150 mg

**Other Ingredients:** Citric acid, natural flavours, and rebaudioside A (from Stevia rebaudiana leaf extract).

**Directions:** Mix 1 packet into 240 ml of water 10-15 minutes before exercise and every 15 minutes when exercising or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep in a cool, dry place.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.